

# NOVEMBER

2018



Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

La Joya ISD  
Child Nutrition Services  
**ELEMENTARY** Grade  
**Pre-Kinder**  
Menu is subject to  
change due to  
availability

**SPECIAL ANNOUNCEMENTS**

M	T	W	TH	F
<p>Un crustable 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>5</p>	<p>Hawaiian Breakfast Sandwich 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Steak Fingers Brown Gravy Broccoli Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>6</p>	<p>Cereal 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Enchiladas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>7</p>	<p>Kolache 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Salisbury Steak Brown Gravy Dinner Roll Garden Salad Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>1</p>	<p>Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>The Pack Hoagie Garden Salad Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>2</p>
<p>Un crustable 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>12</p>	<p>French Toast Sticks 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Chicken Strips Garden Salad Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>13</p>	<p>Cereal 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Enchiladas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>14</p>	<p>Tamales 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Popcorn Chicken Garden Salad Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>8</p>	<p>In-service Day No School</p> <p>9</p>
<p>Thanksgiving Holiday TEP Day</p> <p>19</p>	<p>Thanksgiving Holiday TEP Day</p> <p>20</p>	<p>Thanksgiving Holiday</p> <p>21</p>	<p>Thanksgiving Holiday</p> <p>22</p>	<p>Thanksgiving Holiday</p> <p>23</p>
<p>Un crustable 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Chicken Nuggets Broccoli Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>26</p>	<p>Mini Pancakes 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>27</p>	<p>Cereal 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Enchiladas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>28</p>	<p>Kolache 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>Salisbury Steak Brown Gravy Dinner Roll Garden Salad Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>29</p>	<p>Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored)</p> <p>The Pack Hoagie Garden Salad Fruit 1% Milk/Skim Milk (Unflavored)</p> <p>30</p>

La Joya ISD Child Nutrition Services  
\*Breakfast is served daily with choices of:  
Fruit juice, fresh fruit, fat free and low fat milk.  
\*Lunch is served daily with choices of:  
Fresh fruit, canned fruit, fat free and low fat milk.  
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If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).  
Menu is subject to change due to availability.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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This institution is an equal opportunity provider.

One day farmer Jones was picking carrots when a storm rolled in. He left his basket of carrots in the field and ran to the house. Just as he was safely inside, lightning struck the basket. All the carrots were cooked to perfection, except one! The carrot jumped up, looked around with electric eyes and realized she could see for miles and her powerful eyes could even shoot beta carotene into the ground. She became Captain Carrotene! She began helping all the carrots in the Healthyville fields have plenty of beta-carotene that human bodies turn into vitamin A to help their vision.



## CAPTAIN CARROTENE

Carrot

### FUN FACTS

- Americans eat, on average, more than 10 pounds of fresh carrots per person per year.
- According to Guinness World Records, the record for the world's longest carrot was set in 2016 and measured 20 feet 5.9 inches long! Now that is a colossal carrot!

### CAPTAIN CARROTENE'S FAVORITE ACTIVITIES

Playing Tennis and Golf

### SESAME GLAZED CARROTS

Ingredients:

- 7-3/4 pounds Baby carrots, sliced to 1/2 inch rounds
- 1 ounce Olive oil
- 1 T. Garlic powder
- 3 ounces Low sodium soy sauce
- 2 T. Brown sugar, packed
- 1 tsp. Sesame oil
- 1/4 ounce Rice wine vinegar
- 1 T. Buffalo wing sauce
- 1 T. Sesame seeds

Directions:

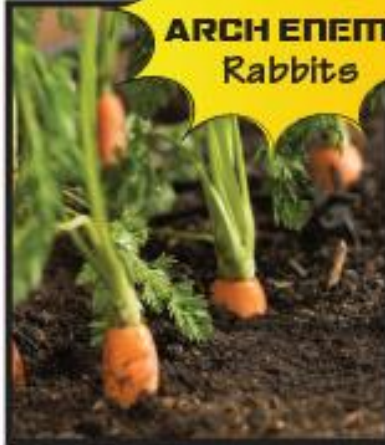
- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
- Sprinkle with sesame seeds.
- Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.

Sources: Texas A&M and AgLife Extension



POW!

### ARCH ENEMY Rabbits



### WORD SEARCH

Find the following words: carrot, root, vegetable, soil, farm, cultivate, stem

F	C	E	C	A	C	R	V
M	U	U	A	O	T	S	E
D	L	G	R	J	K	V	G
S	T	O	R	S	N	A	E
H	I	R	O	O	T	C	T
S	V	T	T	I	D	W	A
T	A	G	D	L	S	W	B
E	T	Y	F	A	R	M	L
M	E	D	R	F	O	K	E

### JOKE OF THE MONTH

Q: What's a vegetables favorite martial art?

A: Carrotel!

Answers

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64
65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88
89	90	91	92	93	94	95	96
97	98	99	100	101	102	103	104
105	106	107	108	109	110	111	112
113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128
129	130	131	132	133	134	135	136
137	138	139	140	141	142	143	144
145	146	147	148	149	150	151	152
153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168
169	170	171	172	173	174	175	176
177	178	179	180	181	182	183	184
185	186	187	188	189	190	191	192
193	194	195	196	197	198	199	200